

# Seasonal Allergies

(Or any other allergy for that matter!)

**Dr. Abrienne Goss, ND**

Are you tired of **dreading the springtime** when your allergies act up, leaving you with itchy, watery eyes, a runny nose, and extreme exhaustion? Are you ready to look forward to the spring, as a time to get outdoors, become more active, and create new growth both in your health *and* in your life? You can have all this and feel amazing!

60 million Americans are affected by allergies annually. The annual cost of allergies estimates to be \$14.5 billion.\* Therefore, allergies are not something to take lightly. So, how do we *change* this?

It starts by balancing the body's immune system.

Let's pretend your body's immune system measures its stress by filling a bucket with anything that bothers it. Your immune system can handle different stressors, until the bucket overflows and that's when you see symptoms. So, since about **70% of your immune system resides in your gut**, let's add to our bucket food allergies that cause immune system stress. Now the bucket is 1/3 of the way full. Next, let's add to the bucket inflammation, foreign invaders such as microbes or heavy metals, and chemicals. Now the bucket is 2/3 of the way full. Lastly, let's add poor sleep, or stress to the bucket, which both significantly alter immune function. Now the bucket is full.

So, you are going through life with no symptoms...and then springtime comes along with pollen, which gives your immune system a little extra stress that it can't hold! And, soon you are suffering with seasonal allergies.

**Seasonal allergies are not a pollen problem.** Neither are any other environmental allergies. They are an immune system problem. *Why* is *your* immune system not able to handle the pollen in the springtime, when others go through the pollen season without a single symptom?

There is no cookie cutter approach to allergies. It's a matter of finding out where the major stressors are for your immune system and correcting those. I have several patients who have come to me struggling with allergies and each one is experiencing significant improvement in their symptoms. It is time to stop letting allergies slow you down in the spring. Instead, use this time to feel good and focus your energy toward living life to the fullest!

Dr. Abrienne Goss

541-389-9373

[www.DoctorWilesGossNd.com](http://www.DoctorWilesGossNd.com)

Call our office to schedule your Comprehensive New Patient Exam or Free 15-Minute Consultation to see if you are a good candidate for care. 541-389-9373. I look forward to working with you!

\* Allergy Facts and Figures. <http://www.aafa.org/display.cfm?id=9&sub=30>

Dr. Abrienne Goss  
541-389-9373  
[www.DoctorWilesGossNd.com](http://www.DoctorWilesGossNd.com)